



Integrating Focusing-Oriented Expressive Arts (FOAT®) into Your Clinical Practice

This pre-conference workshop is useful for psychotherapists and other practitioners who are interested in learning how to integrate the expressive arts into their work with clients and/or expand their own creative expression with Focusing.

In this workshop you will learn a natural, way to integrate the expressive arts into Focusing. The workshop includes: the foundational principles of FOAT®; the basic step of symbolizing the felt sense through artistic expression (art, writing, movement, sound); and an overview of the three main FOAT approaches—Theme Directed; and Focusing-Oriented Arts Psychotherapy Process, and Clearing a Space with Expressive Arts.

The format will include didactic, experiential exercises, and case examples applicable to individuals and group work.

Open to anyone interested in integrating creative methods into their work. No artistic experience needed.

Laury Rappaport, Ph.D., MFT, REAT, ATR-BC, is a Certifying Coordinator with The Focusing Institute, author of *Focusing-Oriented Art Therapy*, and author/editor of *Mindfulness and the Arts Therapies*. She has been on the faculties of Lesley University, Notre Dame de Namur University, and Sonoma State University, teaches internationally, and is the Founder/Director of the Focusing and Expressive Arts Institute.

Laury is an Integrative Psychotherapist with Sutter Health, Institute for Health & Healing in California, and has over 30 years experience in private practice, day treatment, illness and wellness, trauma, etc. with adults, children, groups, couples, and families.

Learning Objectives:

1. Participants will be able to describe what Focusing-Oriented Expressive Arts is.
2. Participants will be able to describe the foundational principles of Focusing-Oriented Expressive Arts (FOAT®).
3. Participants will be able to describe the basic step of Focusing-Oriented Expressive Arts.
4. Participants will be 3 main approaches of FOAT®: Clearing a Space with the Arts, Theme Directed FOAT® and Focusing-Oriented Art Psychotherapy Process.

Continuing Education

If attended in its entirety, this course qualifies for:



The International Focusing Institute is approved by the **American Psychological Association** to sponsor continuing education for psychologists. **CE Hours/Credits 5.5 hours.** The International Focusing Institute maintains responsibility for this program and its content.

The International Focusing Institute, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0055. **Contact Hours 5.**